



## REC 'N ROLL – bringing programs and services that support play, health and quality of life through Parks, People and Programs!

Give your family the gift of life-long healthy choices by building new fun habits together. Improve your fitness by incorporating Zumba®, Aerobics, Yoga, Enhance Fitness, or Wake-Shape Up into your week; participate in athletic programs designed for all ages and capabilities; ensure your children have an outrageous summer in Missoula Theatre Camp, Camp Khaos, sports camps or any one of our fun activities; enrich your life with classes that tickle your brain and expand your horizons; enjoy the companionship of being with others and making new friends. Embrace the outdoors in our city's beautiful parks; bring out your inner child playing on the Field House Park Pirate Ship or get back to nature trekking along the newly completed Des Moines Creek Trail. No one should be left inside this spring or summer!

Look for our next issue in September and stay on top of new activities by subscribing to our electronic REC 'N ROLL – an e-blast filled with community recreation opportunities. Send request for REC 'N ROLL e-blasts to [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)

# Toddler/Preschool Age Activities

## Gymnastics – Parent-Toddlers

Each child learns balance and muscle coordination skills at their own pace.

Instruction: Jungle Gym

Age 18 months-3

Th	May 6-June 24	5:30-6:10pm	\$83R \$89NR	Field House
Th	July 8-Aug 26	5:30-6:10pm		Field House

## Preschool Gymnastics

This high-energy and fun-filled class is designed for the child who wants to learn the basics of gymnastics. Listening skills and socialization are emphasized while developing coordination, agility, balance, and muscle strength at an individual pace. Instruction: Jungle Gym

Ages 3-5, new and returning

Th	May 6-June 24	6:15-6:55pm	\$83R \$89NR	Field House
Th	July 8-Aug 26	6:15-6:55pm		Field House



## Tee-Ball Coed Leagues

Get out the leather glove, swing the aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing, and catching properly. Playing field and rules are modified to fit participant age and skill levels. The coaches meeting will be May 20 at 6pm at the Field House. For information about coaching, sponsorship and scholarship opportunities please contact our office at 206-870-6527.

Age 3-5

June 1-July 31

\$75R \$80NR

Des Moines Area Fields

## Mini Kickers

Start soccer off right with an introduction to warming-up, stretching, dribbling, passing, shooting and defensive work. It's a great opportunity for kids to meet other kids from the community. Participants receive a new soccer ball!

Age 3-5

M-F	June 21-25	5:30-6:30pm	Field House Park
M-F	Aug 23-27	10-11am	Field House Park

\$30R \$35NR

## UK Petite Soccer:

A fun introduction to the world of soccer with an emphasis on a "Games Based" approach to coaching soccer! Players receive a T-Shirt and Certificate. Instruction: professional trainers

Age 3-5

M-F	July 19-July 23	9am-10:15am	Field House Park
M-F	July 19-July 23	10:30am-11:45am	Field House Park
Fall 6-week Session			
Tu	Sep 7/6wks	10am-11am	Field House Park

\$100

\$95

Check out Tiger Martial Arts, page 7 children age 3+  
Check out Acrobats, page 7 for children age 4+.

# Youth Recreation Activities

## Youth Gymnastics

This fun-filled class develops flexibility, coordination, agility, balance, and muscle strength on an individual basis and focuses on cartwheels, handstands, rolls, basic beam, and basic bar work. Instruction: Jungle Gym

Age 6-9, new and returning \$83R \$89NR

Th	7-7:40pm	Spring: May 6-Jun 24	Field House
Th	7-7:40pm	Summer: July 8-Aug 26	Field House

## Tiger Kids Martial Arts

Improve motor skills and coordination while building self-confidence through the use of martial arts and fun games - bag kicking and padded sword-sparring! Includes T-shirt and a white belt for first time participants! Instructor: Mitch Mayberry, International Champion, 8th degree Master Instructor.

Age 3-Adult \$81R \$89NR plus \$12 AAU Membership

W	4:30-5:10pm	Spring: Apr 14-Jun 2	Field House
W	4:30-5:10pm	Summer: Jun 23-Aug 11	Field House

## Coach-Pitch Coed Leagues

Get out the leather glove, swing the aluminum bat and enjoy team building and social interaction! Focus is on developing hand-eye coordination through hitting, fielding, throwing, and catching properly. Playing field and rules are modified to fit participant age and skill levels. The coaches meeting is May 20 at 6pm at the Field House.

Age 6-8 Coach-pitch \$75R \$80NR  
June 1-July 31 Des Moines Area Fields

## Fishing with Your Kids

Dads, Moms and Grandparents - teach your child(ren) different ways to fish our local Washington waters for salmon, steelhead and sturgeon and learn techniques to make every outdoor opportunity a success.

Age 6-17 \$60/pair plus \$25/each additional child

Th	July 1-22	6-7pm	Field House
Th	Aug 12-Sept 2	6-7pm	Field House

## Fall Youth Recreation Soccer League

The Coaches meeting will be August 19 at 6pm at the Field House. Registration starts on June 1 and closes September 4. U-5 co-ed 3-5, U-7 co-ed 6-7, U-9 boys 8-9, U-9 girls 8-9

\*Birth certificate required.

August 23-October 31	\$65R \$70NR	June 1-July 31	Des Moines Fields
	\$75R \$80NR	August 1-September 1	Des Moines Fields



Check out page 8 for Summer Sports Camps!

**For information about coaching, sponsorship and scholarship opportunities please contact our office at 206-870-6527.**

## Acrobats For Kids

Learn gymnastic/martial arts style rolls, cartwheels, backbends, handstands and walkovers and other cool moves. A routine set to music will be learned in each class. Recommended Attire provided at registration. Instruction: Melanie's Dance Unlimited.

## Acrobats I—Beginners

Age 4-7 \$68R \$73NR  
W June 23-Aug 4 7-7:45pm Field House

## Acrobats II

Age 8-12 \$73R \$78NR  
W June 23-Aug 4 6-7pm Field House

## Acrobats III

Prerequisites: Forwards & backwards rolls, cartwheels, backbends from standing, splits, beginning gymnastics floor passes, and basic dance skills. Same time as Acrobats II.



## Ballet/Jazz

Ballet is the true expression of classical art that provides strength, beauty, posture and grace and is the foundation for all other dance forms. Focus is on stretching, Barre, Center and Across-the-floor work with emphasis on terminology and proper technique. Recommended Attire provided at registration. Instruction: Melanie's Dance Unlimited

Grades K-3 \$51R \$56NR  
M June 21-July 26 6-6:45pm Field House  
No class 7/5

## Tap Dance – new & returning

Class features fun, making lots of great noises with your feet and incorporates rhythm, technique & style. Recommended Attire provided at registration. Instruction: Melanie's Dance Unlimited

Grades K-3 \$45R \$49NR  
M June 21-July 26 6:45-7:15pm Field House  
No class 7/5

## Hip Hop Dance

Featuring the most popular urban moves and grooves, class is fun, fast paced and will get your heart pumping! No experience necessary! Instruction: Melanie's Dance Unlimited

Grade 1-5 \$45R \$49NR  
M Aug 2- Aug 30 6-6:45pm Field House Studio



# REC n' ROLL Summer Camps



**KHAOS**  
Kids having an  
outrageous  
summer!

## KHAOS Camps

**Monday – Friday | 6:30am-6:00pm**

### Field House

Participants receive a Camp KHAOS T-shirt!  
KHAOS Summer 2010 Registration Fee: \$25R  
\$30NR \*Add \$10 when payment is received  
less than one-week in advance.  
Enrolling more than one child per family?  
Call 206-870-6527 for discount information!

Weekly Sessions begin the week of  
June 28 – August 30

Camp KHAOS & K2 weekly schedules available May 4, 2010 at [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation).

## KHAOS Countdown

Harness that “schools out” explosion of energy into creative crafts, high-energy sports, games and outdoor activities and then breathe a sign of relief that will last until Camp KHAOS starts.

Grade K-6

\$210R \$220NR  
or \$34R \$36NR drop-in

June 17-25

## Camp KHAOS

Let our energetic and dedicated staff introduce your child to a sizzling summer filled with fun interactive activities that will spark their imagination and fill their day. Expect age appropriate activities such as arts and crafts, games, swimming, outdoor activities and a chance to make new friend all designed around the weekly theme.

Age 5-11

Weekly Fee\*: \$135R \$140NR

## K2 Teens

K2 blends teamwork, age-appropriate activities and crafts with exciting weekly adventures to ensure your teen's summer is packed with high-energy! Weekly themes will include many age appropriate adventures such as disc golf, beachcombing and ball games.

Age 12-15

Weekly Fee\*: \$145R \$150NR

## Diamond Skills Baseball Camp

**Professional instruction at recreation prices.** Individual skills and drills as well as game situations and contests like Camp Olympics from enthusiastic coaches. Instructors: Brandon Newell, Milwaukee Brewers NW Scouting Supervisor, Darren Rawie, Head Varsity Coach, Mt. Rainier High School, Nic Lind, Infield Instructor NW Diamond Sports, Hal DeBerry, Head Varsity Coach, Newport High School.

Age 7-11 Years

M-Th July 26-29 9am-12pm Mt. Rainier High Baseball Field

Age 12-15 Years

M-Th July 26-29 1pm-4pm Mt. Rainier High Baseball Field

Group discount: \$20 off 5 registrations or \$40 off 10 or more!



Brandon Newell

\$150R \$170NR

## Hoop Time Basketball Camp

A challenging skill-based development camp focused on fun; offensive skills: dribbling, passing, and shooting; defensive skills: foot positioning and handwork and work on blocking out and rebounding.

Age 7-12 New and Returning

M-F July 26-30

11:30am-2:30pm

\$65R \$70NR

Field House

## Missoula Children's Theatre

Calling interested youth actors, actress and assistant directors - this is your chance to audition, rehearse and perform in the production of Robinson Crusoe. Auditions are open to Highline or Federal Way students. Selected participants will be involved in rehearsals and performances and receive 2-complimentary tickets.

Grades 1-12

\$55/R \$60/NR (if selected)

Location TBD

Timeline:

Free Audition	M, July 19	10am
Rehearsals	T-Th, July 20-22	Scheduled with Casting
Performance	F, July 23	7pm
Performance	S, July 24	3pm



## UK International Soccer

UK International Soccer Camp is back for 2-exciting camps. Coaching: UK professional coaches.

Age 4 – 14

\$92/half-day

Age 8 – 14

\$153/full day

M-F July 12-16 or Aug 2-6 9-12pm Field House Park

M-F July 12-16 or Aug 2-6 9-3pm Field House Park

Interested in hosting a UK Coach for the week? Contact Ralph at 206.870.6586, email [stewart.boniface@uksocca.com](mailto:stewart.boniface@uksocca.com) or check out UK Soccer at [www.uksocca.com](http://www.uksocca.com) for details.

# Teens / Adult Sports

## Field House Dances

Kick it at Field House theme dance parties featuring dancing, contests and concessions to benefit Youth Council. Hosted by Des Moines Youth Council. Leader: Parks and Recreation staff

*Grades 6-8 - student ID required for admission.*

April 23	Luau	7:30-10:00pm	Field House
May 21	Last Chance Dance	7:30-10:00pm	Field House

\$7

## Teen Hip Hop

It's never too late to learn to dance! Hip Hop instructors offer beginning students a program specifically designed for teens that want to dance. We'll whip you into shape, improve your body-tone and technique and teach you how to dance. No experience necessary. Instructor: Melanie's Dance Unlimited

*Grades 6-10*

**\$45R \$49NR**

M Aug 2-30



6:45-7:30pm

Field House

**Check out CPR Class on page 11!**

**Check out River Rafting on page 11!**

**Check out K-2 Camp on page 8!**

## Adult Men & Coed Fall Softball League

This is a great opportunity for folks to play at our beautiful complex. Each team plays 12-games and a single elimination post season tournament. Registration deadline: July 16th.

*Adults*

**SJUMP**

Monday Nights Co-ed Recreation Division  
Tuesday Nights Men's Recreation Division

**\$650R \$700NR**

August - October  
August - October

## Senior Softball

**Batter-up for active adults age 50 and better!**

Des Moines Activity Center sponsors two coed softball teams that compete against teams throughout King County.

Practices and home games are played on Tuesday and Thursday mornings at the Steven J. Underwood Park fields beginning in April. League games start the week of May 4 and conclude in a post-season tournament. Most game times are at 10am. Teams receive sponsorship funding from local business.

To learn more about Team sponsorship opportunities or if you are Interested in playing on one of our two teams, contact:

Abbie Nielsen, Recreation Coordinator, Des Moines Activity Center  
206-878-1642, [anielsen@desmoineswa.gov](mailto:anielsen@desmoineswa.gov)



# SWIMMING

*It's about Fitness. It's about Life.*



- More than NINE million children ages 6-19 are overweight or obese – a number that has tripled since 1980.\* For kids born in the United States in 2000, the risk of being diagnosed with Type 2 diabetes is 30% for boys and 40% for girls.

- Swimming improves endurance, builds muscle and burns calories. And because swimming is low-impact, it can be continued for a lifetime.

\* Centers for Disease Control and Prevention

mount rainier pool



22722 19th Ave. S.  
(south side of Mount Rainier High School)  
Des Moines, WA 98198  
(206) 824-4722

For hours, schedules, classes, directions and rental information, check out our website:

**[www.mountrainierpool.com](http://www.mountrainierpool.com)**

**SIGN UP TODAY!**

Thanks once again to the generous voters of Des Moines for your determination to keep swimming a vital part of our community. Please visit us soon.

# Adult Fitness



Ditch the workout – Join the Party! Working-out is healthy, rewarding and beneficial, but it's never been known to be exhilarating until now! Zumba® fuses hypnotic Latin rhythms and easy

to follow moves to create a unique program that will blow you away and help you achieve long term benefits while experiencing an absolute blast in one hour of calorie-burning, body-energizing, awe-inspiring movements that engage and captivate for life! Instructor: Shayla Lee, Zumba® Certified. First class FREE.

**Adults** \$63R \$69NR/10-class punchcard or \$10/drop  
M Ongoing 6-7pm Field House

## Pilates – beginners and advanced\*

Start losing inches today! This mat-based discipline improves the look and feel of your body, and increases flexibility, stamina, strength and posture. Modifications can be made to support individual needs. Please bring a "sticky" mat to class. Instructor: Julie Conklin. \*no class August 30

**Adults, beginners and advanced** **Founders Lodge**  
M/W 6-7pm May, July August \$67R \$74NR MW  
M/W 6-7pm June \$75R \$82NR  
T/TH 11am-12pm May & July \$67R \$74NR  
T/TH 11am-12pm June & August \$75R \$82NR



## Boot Camp Fitness\*

A results-driven conditioning program utilizing a military-style format, coupled with progressive, innovative and creative exercises in fitness. Taught indoor and outdoor, workouts include: cardiovascular, speed and endurance, partner resistance and strength training. Instructor: Julie Conklin

**Adults** **Founders Lodge**  
T/Th 6-7pm May 4-27 \$67R \$74NR  
T/Th 6-7pm June 1-29 \$67R \$74NR

\*10/drop-in fee also available for Boot Camp or Pilates

## Belly Dance

Enjoy a fun, effective, low impact exercise. Beginning and intermediate level classes consist of Middle Eastern and American Tribal dance steps for troupe and soloist, body movements, the use of cymbals and the veil. Instructor: Saroya Poirier, Babylonian Ensemble

**Adults** \$43R \$49NR  
M May 17-June 28  
Beginners 7:15-8:15pm Founders Lodge  
Intermediate 8:15-9:15pm Founders Lodge

## Move It or Lose It!

Breathe, stretch and move! Let your body enjoy the feeling of well-being through exercise! Wear comfortable clothing, gym-type shoes and bring a water bottle. Instructor: Mary Brown.

**Adults** \$1R \$2NR  
T May 18 or June 15 11-11:45am Activity Center

## Wake Up- Shape Up!

Wake up your body and your mind and focus on stretching, low-impact aerobics and balance. Wear comfortable clothing, gym type shoes and bring a water bottle. Instructor: Mary Brown

**Adults** **Field House**  
M/W May 3-26 9:30-10:30am \$24R \$28NR  
MW June 2-30 9:30-10:30am \$27R \$31NR  
M/W July 7-23 8:15-9:15am \$21R \$25NR  
M/W August 2-30 8:15-9:15am \$27R \$31NR

\$4 drop-in fee also available.

## Energy Yoga

Using methods from yoga, qigong and tai chi, enhance your mind-body connection with gentle deep stretching, effective breathing techniques, and dynamic meditation. Learn how to release stress and re-direct your energy to gain better health and a sense of well being. Bring a waterbottle. Instructor: Rhonda Allison

**Adults** \$48R \$52NR  
\* \$8/drop-in fee also available.  
Th 3:30-4:30pm Seated/Standing May 6 – June 24  
Th 3:30-4:30pm Seated/Standing July 1 – August 26  
M/Th 7-8pm Regular Mat Yoga May 3 – June 28  
M/Th 7-8pm Regular Mat Yoga July 12 – August 30  
No class 5/31or 7/22 Activity Center

## Tai Chi

Qigong style Tai Chi focusing on basic circulation form using energy principles. Class will begin with warm up exercises to open energy channels and enhance mind-body connection. Instructor: Rhonda Allison

**Adults** \$48R \$52NR\*  
\* \$8/drop-in fee also available  
M 1:30-2:30pm Seated/Standing May 3 – June 28  
M 1:30-2:30pm Seated/Standing July 12 – August 30  
Th 5:30-6:30pm Regular Tai Chi May 6 – June 24  
Th 5:30-6:30pm Regular Tai Chi July 1 – August 26  
No class 5/31or 7/22 Activity Center



## Enhance Fitness

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required (no sandals) and a water bottle is recommended. Instructor: Mary Brown

**Adults** **Field House**  
T/Th/F May 4-28 8:05-9:05am \$28  
T/Th/F May 4-28 9:30-10:30am \$28  
T/Th/F June 2-25 8:05-9:05am \$32  
T/Th/F June 2-25 9:30-10:30am \$32  
T/Th/F June 29-July 30 7:00-8:00am \$35  
T/Th/F June 29-July 30 8:15-9:15am \$35  
T/Th/F August 3-Sept 3 7:00-8:00am \$32  
T/Th/F August 3-Sept 3 8:15-9:15am \$32

Learn more about payment options: [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)



# Adult Enrichment

## Dog Obedience

Love your dog, but all the chewing, jumping, barking and little "accidents" testing you? Dog Obedience should turn your little "terror" into a well-behaved pet. Proof of vaccination is required at first class. Instructor: Jan Magnuson, Animal Control Officer, Champion Trainer

*Dogs 4+ months*

*\$78R \$85NR*

Th	May 6-27	7:15-9:15pm	Field House
Th	June 3-24	7:15-9:15pm	Field House
Th	July 8-29	7:15-9:15pm	Field House
Th	August 5-26	7:15-9:15pm	Field House
Th	Sept 2-30	7:15-9:15pm	Field House

## Wenatchee River Rafting

Enjoy roller coaster action, commanding scenery and experience whitewater maneuvering in Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind rapids while paddling self-bailing paddle rafts. Neoprene wet suit-boots & fantastic deli lunch are included. Trip Leader: Rod Admundson, Wild Water River Tours, INC.

*Ages 10+*

*\$88R \$96NR*

Sa	May 15	12-5pm	Meeting Location upon Registration
Su	May 23	12-5pm	Meeting Location upon Registration

## CPR-Adult

An emergency can strike anyone – a father who suffers a heart attack, a friend who chokes and stops breathing, a colleague who collapses at work. This course combines hands-on training, audiovisuals, demonstrations and discussions. Instructor: Brenda Anders, Red Cross Certified.

*Age 13-Adults*

*\$48R \$52NR*

M	May 24	8:30-2pm	Activity Center
M	May 24	5:30-9pm	Activity Center

## Beginning Bridge

Learn the basics or a refresher course. Instructor: Wes Kuhlman

*Adults*

*\$30R \$34NR*

W	June 9-July 28 *no class 7/21	6:30-8pm	Activity Center
---	-------------------------------	----------	-----------------

## Watercolor Workshop-all Levels

Enjoy a morning with instruction and afternoon outside with your canvas and paints. Students bring their own supplies (supply list provided) and a sack lunch. Instructor: Nancy Bogni

*Adults*

*\$25R \$29NR*

Sa	August 21	10am-3pm	Activity Center
----	-----------	----------	-----------------

# Facilities & Fields

## Facility Rentals

Des Moines, "The Waterland City" offers unique facility locations that highlight the breathtaking beauty of the Northwest - perfect for family gatherings, weddings, banquets and other community events. Our facilities are available at competitive Facility Use Rates!

Des Moines Activity Center  
Des Moines Beach Park  
Des Moines Field House  
Field House Shelter  
Wooton Park Gazebo



## Field Rentals

The following fields are available for rent through the City of Des Moines Park & Recreation Department. For more information on field rentals, please call 206-870-6527.

Des Moines Field House Park Fields  
Olympic Park  
Steven J Underwood Memorial Park  
Zenith Park



## For booking and additional inquiries visit or contact:

Des Moines Parks, Recreation & Sr. Services  
1000 S. 220th Street  
Des Moines, WA 98198  
Phone: (206) 870-6527 Fax: (206) 870-6587  
E-mail: [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov)  
Website: [www.desmoineswa.gov/facility](http://www.desmoineswa.gov/facility)

A full listing of Des Moines Parks and Recreation Facilities can be obtained at the Administrative office or you can download a PDF file from the City's website: [www.desmoineswa.gov/recreation](http://www.desmoineswa.gov/recreation).

# Seniors

Des Moines Activity Center offers older adults and their families the opportunity to be part of a vibrant, caring community – a place filled with fun, friendship and opportunities for the mind, body and soul to feel fit! Our nutritious hot lunches are spiced with bubbling laughter and shared memories. A potpourri of activities, classes, services, special events, travel adventures and meaningful volunteer opportunities reflect the diverse interests and needs of older adults while supporting play, health and quality of life!

Look for more detailed information in our quarterly Des Moines Activity Center/Normandy Park newsletter available at Des Moines Activity Center as well as the websites for the Cities of Des Moines [www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors) and Normandy Park. [www.ci.normandy-park.wa.us](http://www.ci.normandy-park.wa.us). Give us a call; we would love to hear from you!



## Champagne Chow on a Beer Budget

Want to stretch your food dollars by cooking more at home? Learn how to plan menus for a week's worth of groceries, utilizing every morsel while maximizing nutrition. Instructor: Shaw Dixon

*Adults and Seniors*

T June 8 7-9pm **\$18R \$22NR** Activity Center

## Homestyle Desserts

Do you dream of coconut cake, chocolate silk pie, lemon cheesecake and apple pie? Learn the easy techniques that will have your house smelling like homemade love! Taste testing welcomed! Instructor: Shaw Dixon

*Adults and Seniors*

T June 15 7-9pm **\$18R \$22NR** Activity Center

## Brain Agility

Worried about your noggin? Can't seem to remember words and names like you used too? Our brains need exercise as much as our bodies! Brain Agility, developed by Dr. Peter Moulton, features a personal workbook, brain aerobics and classroom discussion. Instructors: John Carroll, Joan Hardiman, Kaylene Moon & Nancy Stephan.

**\$40R \$44NR**

Tu April 20 – June 1 6:30-8pm Activity Center

Th June 17-July 29 10-11:30am Activity Center

## Growing, Learning & Changing

"Am I through with learning and remaining open to new possibilities? What is next for me?" Join other women through group discussion and journaling to understand and appreciate the knowledge and accomplishments of maturity, what feelings hold us back from doing what we want to do now, and open your minds to all that is available in life right now. Instructor: Joyce Elijah, LMFT

**\$35R \$39NR**

Th June 3-10 2-5pm Activity Center

## Sunday Senior Dances

**Enjoy live big band music! \$5 admission**

**1 – 3:30pm**

**Des Moines Activity Center**

May 23 *Good Times Band*  
June 27 *Randy Litch*  
July 25 *Evan & Charlie Brown*  
August 22 *Randy Litch*



Refreshments provided by following participants:

May: Last name beginning with N-Z

June: Last name beginning with A-M

July: Last name beginning with N-Z

August: Last name beginning with A-M

**Check out Des Moines Activity Center newsletter for many more classes and activities.**

## Weekly Fun & Games

Des Moines Activity Center  
\$1/suggested donation

American Mah Jongg

Artists Drop-in Studio

Bocce Ball

Bridge

Croquet

Duplicate Bridge

Ham Radio Meetings

Hand & Foot Card Game

Ladder Golf

Mexican Train Dominos

Movies

Pinochle

Walking Group

Wii Bowling

## Connections to Services

AARP Driver Safety Classes

Blood Pressure Checks

Elderwatch

Fall Prevention

Foot Care

Legally Speaking Presentations

Massage

Medical Lending Equipment

Nutritious Lunches

Pet Food Assistance

Sea Mar Latino Activities

Senior Services Information & Assistance

Senior Services Meals on Wheels

Senior Services Shuttle Transportation

Senior Services Volunteer Transportation

Support Groups

# Senior Outings

## Golf Outings

Enjoy playing 9 holes at Puget Sound courses with fellow golfers. Transportation available on a first paid basis.

All players draw numbers to determine playing partners and tee position.

Departure from DMAC varies from 8-8:30am.

Return time varies

*Fee Range: \$8-10*

*No Host Green Fee and lunch*

<b>Mondays</b>	<b>Course &amp; City</b>	<b>Green Fees</b>
May 3	Lake Spanaway, Spanaway	\$13-\$15
May 17	Jade Green, Auburn	\$12
June 1 (T)	Cascade, North Bend	\$14
June 14	Tahoma Valley, Yelm	\$9
June 28	Lapoma Firs, Puyallup	\$19
July 12	Mystery Trip	\$18
July 26	Classic, Spanaway	\$20
August 9	Cedarcrest, Marysville	\$15
August 23	Twin Rivers, Fall City	\$18

## Horticulture

Explore Northwest gardens and nurseries with our "growing" horticulture program!

*\$8/van trips*

*No Host Lunch*

<b>Fridays</b>	<b>Destination</b>	<b>Departure</b>
May 7	Des Moines Garden Club Plant Sale - Carpool	10am
May 14	Woodinville's Flower World/ Olympic Nursery - Van Trip	9am
May 21	Suise Creek Country Garden - Carpool	10am
June 11	Sorticulture Garden Festival, Everett - Van Trip	9am
June 18	Gray Barn Nursery & Bamboo Gardens, Redmond - Van Trip	9am
June 25	Squak Mt. Nursery & Hayes Nursery, Issaquah - Van Trip	10am
July 16	Tacoma Goodwill Vertical Garden - Carpool	10am
July 23	A Seattle roof top garden - Van Trip	10am
July 30	Wesley Homes Dahlia Gardens & Grounds - Carpool	10am
Aug 20	Kruckeberg Botanical Garden, Shoreline - Van Trip	10am
Aug 27	Grassroots & Village Green Nurseries, Burien/White Center - Carpool	10am



## Out to Lunch

Join us for a trip to an area restaurant and enjoy a no-host lunch.

*Age 50+ \$8 Covers transportation and escort. Register in advance.*

May 7	Shenanigans-Tacoma	11am-2pm
June 4	Wild Ginger- Bellevue	11am-2:30pm
July 9	Kallaloo Caribbean-Seattle	11am-2pm
August 6	McMenamin's Six Arms- Seattle	11am-2pm
September 3	Bair Drug-Tacoma	10:45am-2:30pm

**See page 9 for Senior Coed Softball  
and find fun fitness classes on page 10**

## Day Trips

**Explore Puget Sound with Des Moines Activity Center.**

No-host Lunch. Age 50+

### World Vision – Federal Way

Tuesday, April 27 \$8 9:30am-1pm

### Driftwood Show-Bothell

Saturday, May 15 \$8 9am-4pm

### Clearwater Casino- Overnight – Suquamish

Wednesday, May 19 \$50ppdo, \$85single 9:30am-4pm

### Fiddler on the Roof, Seattle

Wednesday, May 26 \$61 6:15-10:30pm

### Theo Chocolate Factory- Seattle

Wednesday, June 9 \$14 11am-4pm

### Snoqualmie Casino – Snoqualmie

Tuesday, June 15 \$5 9am-4pm

### Ohme Gardens – Wenatchee

Wednesday, June 23 \$25 8am-6pm

### Cirque du Soleil- Seattle

Thursday, June 24 \$90 2:30-7:30pm

### Red Wind Casino- Olympia

Wednesday, July 7 \$10 8:30am-4pm

### Panorama City Patio Sale- Olympia

Saturday, July 17 \$10 8am-4pm

### Fandrick & Sons Pianos-Stanwood

Tuesday, July 20 \$15 8:30am-4pm

### Miniature Cattle Farm-Covington

Wednesday, July 28 \$27 9am-3pm

### Bruning Pottery-Snohomish

Wednesday, August 11 \$10 9:45am-4pm

### North Star Glove Factory- Tacoma

Tuesday, August 17 \$8 9:15am-2pm

### La Conner Quilt & Textile Museum

Thursday, August 26 \$18 8:30am-6pm

### Angel of the Wind Casino- Olympia

Wednesday, Sept. 15 \$12 8:30am-4pm



## REGISTRATION INFORMATION

City of Des Moines Parks, Recreation and Senior Services Department  
Offices

Parks and Recreation Administrative Office  
1000 South 220th Street, Des Moines WA 98198  
206-870-6527  
TDD Line: 206-824-6024  
Fax: 206-870-6587  
www.recreation@desmoineswa.gov  
Monday – Friday, 8am–4:30pm



Des Moines Activity Center Office – Senior Services  
2045 S 216th Street, Des Moines WA 98198  
PO Box 98576  
206-878-1642  
Fax 206-878-2260  
www.recreation@desmoineswa.gov  
Hours: Monday – Friday, 8am–4pm

### Holiday Closures

**Mondays, May 31, July 5, September 6**

### Resident Priority:

Effective January 1, 2010, the City of Des Moines implemented a Resident Discount Policy offering residents discounted fees for recreation programs. Non-residents and city residents who choose not to provide proof of residency will be assessed the full fee for programs.

The Resident Discount ("RD") Fee is available to residents living within the City of Des Moines' jurisdictional boundaries and Senior Adults. To qualify for the "RD" Fee participants must provide proof of residency such as. Valid picture ID with a Des Moines Address. Valid picture ID accompanied by a utility bill with their Des Moines Address. Sports Teams qualify for the "RD" Fee when 51% of their players are Des Moines residents (proof of Residency will be requested.) The full program fee will be charged to participants who are not Des Moines residents or choose not to provide proof of residency. Questions related to residency should be directed to 206-870-6527.

### Ways to Register:

**Walk-in: Check, Cash, Visa/MasterCard.**

**Phone: Visa/Mastercard.**

**Mail-in: Registration Form with check or Visa/MasterCard information.**

### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

### Refund Policy/Cancellations:

When DMPR/SS cancels a program, a full refund or credit will be issued.

Participants may request to withdraw from a program under the following conditions.

A \$10 processing fee will be deducted from the refund.

No refund will be issued for:

Programs costing \$10 or less., Programs where admission fee was purchased in advance, Special Events. Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of circumstance may be requested. Credits must be used within the current fiscal year.

### Accommodation of Disabilities:

The City of Des Moines is committed to accommodating citizens with disabilities and special needs. Des Moines Parks, Recreation and Senior Services will make every reasonable effort to ensure that programs are accessible. If you need assistance participating in our programs, call 206-870-6527. TTY/TTD 206-824-6024.

### Gender Equity Statement:

The City of Des Moines complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties, who contract with or receive leases or permits from the City of Des Moines for a community athletic program, are also prohibited from discriminating on the basis of sex.

If you have questions or comments contact Patrice Thorell, Parks, Recreation and Senior Services Director.

## Des Moines Parks and Recreation Registration Form

**Mail to: City of Des Moines Park & Recreation Dept. 1000 S. 220th St., Des Moines, WA 98198**

Adult/Guardian (if participant is a minor)

Participant's Name

Age Birthdate M/F Address

Home Phone Work Phone

( ) ( )

Street address

Emergency Phone E-mail

( )

City State Zip code

Class Title Fee

\$

Class Title Fee

\$

I'll give kids a Chance, with my donation to Youth Scholarships: \$

TOTAL

\$

VISA/MC # Name on Card Exp. Date

/

### City Of Des Moines Hold Harmless Agreement

I assume all risks and hazards of the conduct of the program. In case of injury, I waive all claims or legal actions, financial or otherwise, against the City of Des Moines, its organizers, sponsors, supervisors, employees, or any volunteers connected with the program unless injury is caused by the sole negligence of the City of Des Moines. I grant full permission to use photographs, videotapes, motion pictures, recordings or any other record of the program for any purposes. In absence of signature, payment of fees and/or participation in the program constitutes acceptance of these conditions.

Adult Participant or Parent/Guardian Signature

Date

# Special Events



## Des Moines Arts Commission Summer 2010

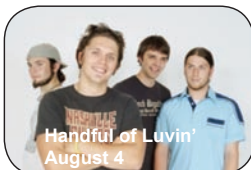
"A City with Art is a City with Heart"  
desmoineswa.gov/artscommission

### Beach Park Jazz & Blues Free Concert Series

Wednesday nights July 21-Aug 11 7pm  
Beach Park/22030 Cliff Ave S. Des Moines

### Poverty Bay Arts Festival

Saturday, September 24 @ 10am-4pm  
Downtown Des Moines/Marine View Drive  
Arts, Poetry Slam, Arts Raffle & More  
www.povertybayartsfestival.com



## Culture Fest

Featuring performances, foods and displays from around the world.

\$8 Thursday, May 20 6-8pm  
Wesley Terrace Auditorium

Cosponsored by Wesley Homes Des Moines and  
the International Student Program at Highline Community College.  
Free Shuttle available from Activity Center!

Call 206-878-1642 for tickets

## Celebrating Hats

Wednesday, July 21

5 - 7pm Des Moines Activity Center \$10

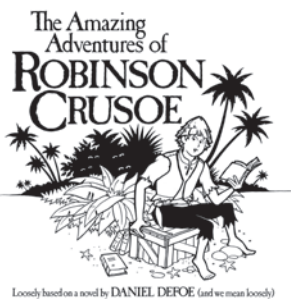
A delightful evening meal!

Unique China Patterns

Hats through the Ages

Cosponsored by Normandy Park Senior Living

Call 206-878-1642 for tickets



Performed by Missoula Children's Theatre  
Friday, July 23 @ 7pm, Des Moines Field House  
Saturday, July 24 @ 3pm, Des Moines Field House  
\$5/Adults  
\$3/Ages 3-12  
Free/Age 2 and under.

## Trash to Treasure Parking Lot Sale Featuring Over 90 Vendors



Saturday, August 14 9am-3pm  
Des Moines Activity Center

Booth applications accepted Monday, June 7.  
Booth Prices

Indoor & Outdoor Booths Available

Senior Price- 55 AND BETTER- \$20 per space

Non Senior Price- \$25 per space

Check www.desmoineswa.gov/seniors  
for complete booth application form or  
Call 206-878-1642 for more details.